

FORT MAC STRONG

This week, Metro looks back at Canada's costliest disaster — and the people who are rebuilding **metroNEWS**

Halifax metro

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Hey city, pick up the pace on the park

BLUE MOUNTAIN BIRCH COVE

Buying land should be HRM's top priority: Advocate

Zane Woodford
Metro | Halifax

A local environmentalist says he's happy to see progress on a proposed park for the Blue Mountain Birch Cove lands, but he'd still like to see it move faster.

As per Halifax regional council's direction last year, a staff report coming to its meeting on Tuesday provides an update on the progress the municipality has made in establishing the park, which was proposed more than 10 years ago for land located behind Bayers Lake.

"I'm just pleased to see progress," Ecology Action Centre wilderness coordinator Raymond Plourde said in an interview. "We should've been getting regular updates from staff for the last 11 years, but we didn't because nobody was doing anything."

The report said municipal staff have sent letters to all of the people who own land inside the proposed park boundary, and started "meetings and conversations" with some of them.

Plourde said that's "great," and he believes buying the land should be the municipality's main priority when it comes to the park, but he wants to see more of the process done in public. "I'm tired of all this in-camera crap," he said.

He said taxpayers are footing the bill and they should know what's going on, though he realizes the municipality can't release all of the financial details publicly.

There's also the matter of the \$119 million lawsuit against the municipality by Annapolis Group, the developer that had hoped to build on its share of the proposed parkland. That lawsuit accuses the municipality of "effectively expropriating" the land by not allowing it to be developed.

"I don't think that the Annapolis Group is correct in claiming that the city has de facto expropriated the land," Plourde said. "But I would not be unhappy at all to see them do just that — to officially expropriate the land for fair

At this rate, we will all be dead before this park is actually created.

Raymond Plourde

market value which is nowhere near what they're claiming in their lawsuit."

The staff report also said that while the municipality has been in talks with the provincial government about land acquisition and park planning, the federal government "has no direct stake or mandate in the establishment of the park" because it doesn't own any of the land.

Plourde disagrees.

"We've got three Liberal members of government in Ottawa," he said, referring to MPs Geoff Regan, Andy Fillmore and Darren Fisher. "I'd like to see them help with the purchasing of the necessary private lands. That would be awesome, particularly where the federal government is investing in green infrastructure, in cities, etcetera."



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'Party girl' prejudice

SEX ASSAULT

Stereotype played role in Al-Rawi case, expert claims

The stereotype of the "promiscuous party girl" may have factored into the acquittal of a Halifax cab driver accused of sexually assaulting a woman in his car, a review of the case suggests.

In a draft paper submitted to Canadian Bar Review, Dalhousie law professor Elaine Craig says Judge Gregory Lenehan deserved much of the widespread backlash he received following the acquittal of taxi driver Bassam Al-Rawi in March.

While falling short of judicial misconduct, Craig contends the Nova Scotia provincial judge erred in his assessment of the case, but also suggests that the Crown and defence lawyers may share responsibility for allowing "legally rejected" stereotypes to seep into the courtroom unchallenged.

Al-Rawi, 40, was charged after police found the woman, in her 20s, passed out and partially naked in his car in the early hours of May 23, 2015.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party



A crowd gathered at Grand Parade in early March for silence and also to howl in response to Judge Gregory Lenehan's ruling. JEFF HARPER/METRO



How could such a pornographic, hypersexualized account of human female behaviour arise in a legal proceeding in 2017?

Prof. Elaine Craig

girls, will consent to sex with anyone," Craig wrote. "How could such a pornographic, hypersexualized account of human female behaviour arise in a legal proceeding in 2017?"

Craig said Lenehan over-

looked substantial circumstantial evidence suggesting that the woman did not consent to sexual activity with Al-Rawi.

During Al-Rawi's trial in December and January, a police constable testified that she saw

Al-Rawi shoving the woman's urine-soaked pants and underwear between the front seats.

At the time of his arrest, Al-Rawi's seat was partially reclined and the woman's legs were resting on the back of the front bucket seats.

Al-Rawi's pants were undone

at the waist and his zipper was

down a couple of inches, the

officer said. Evidence of the

woman's DNA was found on Al-Rawi's upper lip, but the origin of the bodily fluid couldn't

be identified.

Craig suggests the judge may have been influenced by defence lawyer Luke Craggs' suggestion that the woman becomes a different "type of person" when she consumes large quantities of alcohol, including invoking Jekyll and Hyde to contrast the woman's behaviour in her drunk and sober states.

"The inference (Craggs) invited Judge Lenehan to draw was that the complainant is a woman transformed by the consumption of alcohol into an irrational, uninhibited person, who might quite unimaginably enter the taxi of an unknown man, and immediately (or almost) remove her clothing, throw her shoes, urine soaked pants and underwear at him, and perhaps kiss or lick his face," Craig said. "The logic of this stereotype turns on the assumption that drunk women will have sex with anyone, anywhere, any time."

Craggs submitted evidence at trial suggesting the woman was acting flirtatious at a bar before the alleged incident took place, which Craig said should have been ruled inadmissible under a section of Canada's Criminal Code that bans using a person's sexual history to draw inferences about his or her willingness to consent.

The evidence was not flagged by the judge or Crown, Craig said. THE CANADIAN PRESS



VICKY MOCHAMA
metroVIEWS: Page 17

Halifax DIGEST

CRIME

Downey homicide still unsolved one year later

One year later and there are no charges in the 2016 homicide of Daverico Downey.

On April 23 just after 2 a.m., Halifax RCMP found a man's body outside in the Downey Road area of North Preston after responding to reports of gun shots. The victim appeared to have been shot. The man was later identified as Daverico Downey, 20, and his death was ruled a homicide.

In late September, a 33-year-old woman and a 22-year-old man were arrested in Dartmouth in relation to Downey's death.

Both were questioned and later released without being charged. METRO

TRAFFIC

Car caught going more than double speed limit

Police in Nova Scotia have charged a man with stunting after a Ford Mustang was clocked going 114 kilometres per hour in a 50 km/h zone.

New Glasgow Police say the car was stopped on Little Harbour Road on Friday night, with a 44-year-old man from Pictou County charged under the motor vehicle act.

The stunting charge has resulted in a fine against the driver for \$2,422.50. His car was also seized and his licence has been suspended for a minimum of seven days. METRO

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Breaking language barriers

VOLUNTEERISM

Bilingual tutor helps refugees learn English a page at a time

Yvette d'Entremont
Metro | Halifax

It's Friday afternoon and sunlight streams in through a wall of windows in a third-floor classroom at the Halifax Central Library.

Ilham Abukrash and her daughter Murooj Alasaad are reading aloud about snow angels from a page in a children's book.

Across the table from them and smiling her encouragement is Lynn Shokry, their volunteer English language tutor since October.

Shokry is one of 600 people this year alone to volunteer with the Halifax Public Libraries' English language learning for adults program.

Once a week she meets with the pair to teach them English and to help them learn about local and Canadian culture.

"We laugh a lot. Learning a language is serious, but when you can laugh about it and have fun, it makes it nicer. They read. They translate. And we laugh. That's important," Shokry said.

"I look at it as my highlight of the week. I feel extremely happy when I find them doing what we're supposed to be doing, when they're learning things, when they're reading. It's a success for both of us. It's rewarding without any tension or stress."

Shokry speaks Arabic, which helps facilitate her sessions



Lynn Shokry teaches English at the Halifax Central Library every Friday. She says it's the highlight of her week. PATRICK FULGENCIO/FOR METRO



We have a whole army of volunteers who do things like Lynn. We've been very lucky.

Sandy Crocker

with Abukrash and Alasaad.

Both women were Palestinian refugees. They ended up in Iraq before fleeing to Turkey and then arriving in Canada last September.

"Lynn is helping me, and this program is helping people be-

come Canadians as quickly as possible," Abukrash explained in Arabic as Shokry translated.

"It helps us to get used to the country, to get by. When we know the language it will be easier (for) us to come and go and join in the community

and get to know the city, to feel welcome."

Shokry plans to continue volunteering with the program after the summer hiatus.

"I am very happy because I always come to the library and she's a good teacher and I'm learning English very well and reading English now," Abukrash said, in English.

Sandy Crocker, English Language Literacy and literacy regional coordinator with Halifax Public Libraries, said there

are people who have volunteered with the program for as long as 15 years. Many forge ties and relationships with the newcomers they help.

"We were able to take every Syrian refugee who came to us, we were able to get them a tutor this year. We're trying to create community and a safe place to study and learn and make community connections," he said.

Volunteer application forms for the program are available at halifaxpubliclibraries.ca



NOMINATE

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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New Democrats on the march

PROVINCIAL POLITICS

Party launches campaign for election, vows broad platform

Julianne Steeves
For Metro | Halifax

With a provincial election announcement believed to be on the horizon, Nova Scotia's NDP launched its campaign in Dartmouth on Sunday.

For more than a month, the Liberals have been making funding announcements across the province. Many believe this behaviour heralds an election call, and NDP Leader Gary Burhill said it's time his party started campaigning, too.

"We know we're on the verge of an election so we're ready to go," said Burhill in an interview.

On Sunday afternoon at Alderney Landing, the NDP introduced their candidates: some familiar to politics and some fresh faces.

"I would say that our party has got the blood running in our veins," said Burhill. "That blood



Gary Burhill speaks to supporters at what the party was calling its election campaign launch on Sunday afternoon at Alderney Landing in Dartmouth. PATRICK FULGENCIO/FOR METRO

is oxygenated, and we have a clarity of purpose of what we're standing for and how this is the moment in Nova Scotia that the province really needs the things that we're standing for."

That purpose: to address a variety of needs, from more funding for hospitals and community ser-

\$40M

Amount the Liberal government has spent in a flurry of daily announcements

vices, to more opportunities for young people, to increased funding for the arts. Burhill scorns the "hyper-focusing on balancing the budget" and cuts during the McNeil government.

It "has not got us where we need to go," said Burhill. "I think that there's a growing under-

standing that there's a need for investment in our communities."

Despite its loss in the last election, NDP MLA and House Leader Dave Wilson thinks many Nova Scotians still support the party.

"I believe that there's still a lot of Nova Scotians out there in communities across the province

MOBILIZATION

The Progressive Conservative Party is printing signs and deploying candidates to take its message of "hope and opportunity" to the streets, said Leader Jamie Baillie. He said the taxpayer-backed splurge signals that an election could be called within days, and the party plans to hit the ground running.

Liberal spokesperson Michael Mercer said in a statement Sunday that campaign preparations have long been underway, and the party is ready to go to the polls "whenever that may be."

that understand and support the way we tried to govern, but more importantly, how we bring forward issues that are important to everyday Nova Scotians," he said.

Though the election hasn't been announced yet, the NDP has 32 candidates registered for the 51 total ridings in the province.

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Sanderson trial continues

Zane Woodford
Metro | Halifax

Testimony is set to continue Monday in Nova Scotia Supreme Court in the first-degree murder trial for William Sandeson.

Sandeson, 24, a former Dalhousie University medical stu-

dent, is accused of killing fellow Dalhousie student Taylor Samson, 22, in August 2015.

Last week, the Crown delivered its opening statement to the jury of seven women and seven men.

Crown attorney Susan MacKay told the jury it would be shown evidence that DNA with a profile matching Samson was found on

a gun and a bullet in Sandeson's apartment, as well as on the marijuana he was supposed to buy from Samson in a "drug deal gone bad."

The jury also heard testimony from Samson's mother Linda Boutilier and police officers who worked on the case early on when Samson was considered a missing person.

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**Julianne
Steeves**
For Metro Halifax

The 2017 Halifax cruise ship season starts on Monday.

The first cruise ship, the Amadea, is scheduled to arrive in Halifax at 4:15

p.m. after a 7 a.m. stop in Lunenburg. The vessel carries around 600 passengers.

The second cruise ship, the Veendam, will be docking this Saturday, bringing around 1,350 passengers to the city.

Halifax is expecting 173 cruise ships this season that will bring around 274,000 passengers. The Port of Halifax says it is preparing for the busiest year to date.

On Sept. 14, there will be five cruise ships docked, but the busiest day of the season is expected to be Oct. 3 with 11,000 passengers and crew

5

On Sept. 14 five cruise ships are scheduled for one day in Halifax.

in Halifax.

This season will also bring four visits from the Queen Mary 2, the first being on June 13, and Disney Magic will visit on Oct. 26.

The Port is expecting five inaugural calls and over 30 potential shore power connections.



The massive cruise ship Anthem of the Seas dwarfs frigate HMCS Ville de Québec in Halifax during last year's cruise ship season. THE CANADIAN PRESS

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Our new pop chops



Above: Halifax rapper Luke "Classified" Boyd.

CONTRIBUTED/SCOTT MUNN
Right: Singer Ria Mae.

ANDREW FRANCIS WALLACE/TORONTO STAR

Halifax has emerged as an East Coast pop music hub, exporting artists with danceable hits with spots on the charts alongside Canadian heavyweights Justin Bieber and Drake.

The region's artists will be recognized at the East Coast Music Awards gala on Thursday in Saint John, N.B., and Halifax pop hit-makers are leading the pack for nominations.

Ria Mae said her hometown — best known for giving birth to rock-radio staples like April Wine and Sloan or singer-songwriters like Sarah McLachlan who moved west to become stars — is nurturing pop musicians like never before.

"For the first time, Haligonians have a presence on pop radio," said Mae, who is up for seven ECMA's.

Mae's latest album glitters like a top 40 chart-topper, but maintains some folk grit. It's a product of Halifax being a music incubator, she said.

"We've always had a strong singer-songwriter community... And I think that right

now in the world of pop music, people are craving real things again — real topics," said Mae, who maintains her local roots but also tours widely.

"It doesn't have to be shiny and polished — it can just be unique. So maybe that's why artists on the East Coast are getting a bit more recognition than usual."

Mae's self-titled 2016 record features Clothes Off, which became a smash hit on the Canadian radio charts and grabbed a Juno nomination for single of the year — a category based on sales — alongside songs by Bieber, Drake and the Weeknd.

The electro-pop mashup has been certified gold in Canada with more than 50,000 sales, and its music video has garnered more than 2.4 million views.

The album is nominated for Pop Recording of the Year at the ECMA's and was produced by Classified, a Halifax rapper who is himself up for nine awards.

And while Classified's hit

"No Pressure" — nominated for Song of the Year — features Snoop Dogg, it also samples a song from emerging Cape Breton-born, Halifax-based singer-songwriter Dave Sampson.

It's indicative of what Mae describes as Halifax's musical family: a support system of artists that collaborate rather than compete.

"As soon as someone shows a bit of talent, they're kind of taken into this family and we all want each other to do really well," said Mae.

Another member of that family is Corey LeRue, a songwriter and producer who makes up one-fourth of the electronic dance music band Neon Dreams.

LeRue said the pop music scene in Halifax is "stronger than it's ever been."

"People used to say the music from here sounded a certain way or had a certain feel, but that's not the norm anymore," said LeRue in his downtown Halifax recording studio with his Neon Dreams bandmates, who performed their song "Marching Bands"

at the Juno Awards earlier this month with Toronto rapper Kardinal Offishall.

"I think we're on a swing back from the over-produced. It means more live instrumentation and just more music happening instead of shoving a melody down your throat. And Halifax knows live music."

Wayne Mason, who in 2001 founded the Halifax Pop Explosion Association (despite the name, it started as an indie rock festival) said the East Coast's relative isolation has meant it has always had a vibrant music scene, from punk rock to Celtic to folk.

"There's always been an element of having to entertain ourselves," said Mason, who is now a Halifax regional councillor.

"But I think right now, we have a really important conjunction of really great artists and a lot of energy around that kind of pop music, and there's also a really willing market out there that wants to buy it."

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GALA EVENT

Who's going to be performing

The ECMA's will be handed out on Thursday. The gala will feature a raft of home-grown talents, including:

- 1 Classified
- 2 David Myles
- 3 Ria Mae
- 4 Lisa LeBlanc
- 5 Jason Benoit
- 6 ... and many others

For the first time, Haligonians have a presence on pop radio.

Ria Mae



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Rebuilding out of the ashes

WILDFIRE

For this family, not returning to Fort Mac was never an option

Alex Boyd
Metro | Edmonton

Sitting in the parking lot of an Edmonton Walmart, her family's home in flames 400 km away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen.

"I just said, 'What am I going to get?'" she recalled, before pausing, her voice quiet.

"I knew in my heart that we had nothing."

So began the Hanifan's journey to rebuilding their life in Fort McMurray.

It's been almost a year since a runaway wildfire changed course and smashed into the northern Alberta city, forcing the rushed evacuation of almost 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for the jobs almost twenty years ago. They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented



Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO

community.

"I have so much love for this place, it changed my life like no other," Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown with making them a family.

Waiting out the evacuation first in an Edmonton hotel, then in a borrowed camper, Rodney says they never talked

about whether or not they'd come back. It was just a fact. They say they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail's hunch that it was all gone was confirmed when a pilot friend snapped pictures of where their house once stood in the Waterways neighbourhood. The only things visible were iron skeletons of their

cars sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

Though they're looking now to buy a house, they found a rental in the meantime and got to work replacing what they could.

But the irreplaceable things — their wedding video, the letter Gail wrote for her daughter when she was a baby, or the video diary she made for her son — are gone.

"Those things I grieved the most for," she said.

Luck has given them a hand, though.

When they were first married Rodney bought a painting for Gail, of a view of the beach, looking out a window.

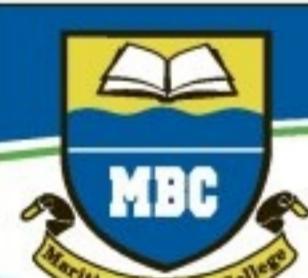
It was one of the lost things that made her sad, so one day she did a quick Kijiji search — and an identical print popped up. She tracked down the seller, and now it hangs in their kitchen.

"There's not many days that

you don't think about what happened, but it doesn't rule your life, it doesn't shape who you are," Rodney said.

He tires of the negative stereotypes of Fort McMurray, that it's just a soulless industry town, and says they're dedicated to rebuilding the place they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

"We've had bigger events here than the fire."



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DETAILS

■ **8 per cent** of private dwellings were destroyed in Fort McMurray

■ **The amount of land burned** by the fire was 5,890 square km, the size of P.E.I.

■ **The amount of insured losses is \$3.7 billion.** It's the most expensive disaster in Canadian history.

to cost insurers and governments more than \$5 billion. However, the rebuild effort could add as many 9,000 jobs next year.

National attention on Fort McMurray may have faded, but for many, Wong said, the fallout from fire is still being felt.

"There's a long way to go," he said, "For some, it hasn't even started yet." ALEX BOYD/METRO

Still 'a long way to go' for Fort Mac

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city's main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he'd been allowed back before official re-entry in order to get his shop up and running.

But even since his hometown reopened its doors to all, it's still not the way it was before the fire.

"A lot of people haven't come back, and some people won't ever come back," he said, surveying once-bustling Franklin Ave.

"You don't see a lot of people walking around out there. Whereas before, you would."

A swatch of charred forest is visible from his store windows, showing just how close downtown came to destruction. But whereas the central part of

the city has begun returning to business as normal, the hardest hit areas are still struggling.

Rachel Ondang counts Fort Mac's recovery in wait times.

There's less traffic, errands take less time and you don't have to make reservations at restaurants.

"There aren't big line-ups. Even the carwash is slow," said Ondang, who until recently worked distributing donations to fire evacuees.

Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

"The city has a much lower amount of work than it has in a very, very long time, and there are a lot of people on EI or don't have a lot of income coming in and are really struggling," she said.

According to a Conference Board of Canada report from November, the fire is expected

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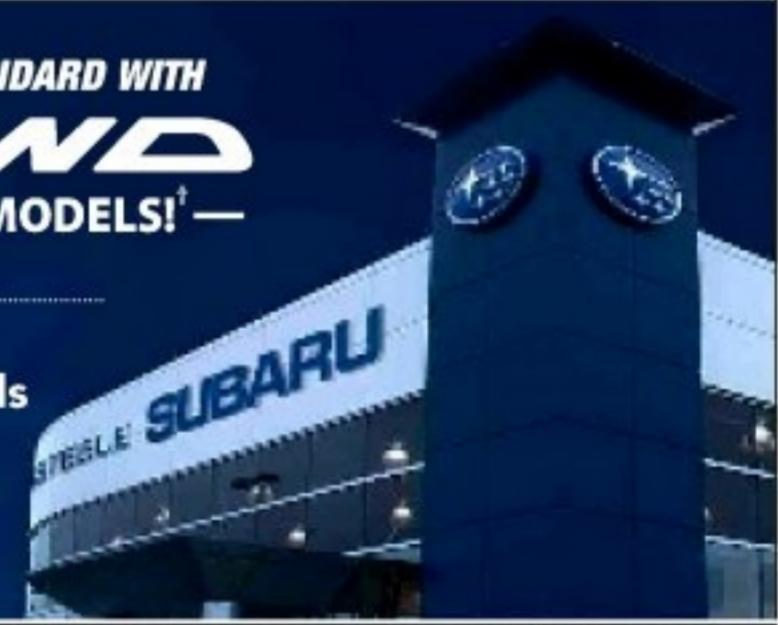
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UNDERSTANDING AND APPRECIATING UNIONS

FIGHTING TO IMPROVE THE LIVES OF ALL WORKERS

The power a union has at the bargaining table goes beyond creating an equitable contract for its members — it makes the world a better place.

Collective bargaining is a crucial activity for Unifor, the largest private union in every province. But Lana Payne, Atlantic regional director of Unifor, said they also use collective bargaining to help people at home and around the world through fighting for social justice and donating to disaster relief.

"We're trying to create good jobs and workplaces by using collective bargaining tools, but also a big piece of what we do is in the community," she said. "We do a lot of groundbreaking work at the bargaining table."

For example years before it was a legislative requirement, Unifor argued for benefits for same-sex couples.

"We try to take the things we do in the bargaining table and apply them more broadly so all workers benefit from the changes we're making, whether that's working conditions or health and safety laws," Payne said. "You can imagine if unions were not involved in trying to improve health and safety and enforcement, who would be the driving force behind that?"

Unifor strives to be a community union. Payne said they call it a social union, which means they work to improve the lives of all workers

LET'S FIGURE OUT HOW WE CAN ENSURE ALL OF CANADA'S POPULATION HAS AN OPPORTUNITY FOR GOOD JOBS IN OUR COMMUNITIES

— Lana Payne

and all Canadians, not just members. Unifor has pushed for improved pensions for all Canadians, and championed a national child care program. They also did a tremendous amount of work to push for the inquiry into murdered and missing Indigenous women and girls.

Unifor sponsored five Syrian refugee families, plus supported programs and supports for refugee camps around the world.

"We play a social justice role in our communities and around the globe," Payne said. "It's trying to use the power workers have at home to improve the world around us."

At home in the Atlantic region, Unifor recently supported relief efforts after flooding in Cape Breton, including a \$10,000 donation to the United Way. They also supported relief efforts in New Brunswick after the ice storms with a \$10,000 donation to the Red Cross.

"We do this work on a regular basis as part



Unifor at the 2016 Halifax Pride Parade. Before it was a legislative requirement, Unifor argued for benefits for same-sex couples. CONTRIBUTED

of a social justice fund we've negotiated with many of our employers across the country. Pennies from our members add up to us doing really good community work around the world."

Unifor has also partnered with employers on innovative projects. One of these projects is called Pathways to Shipbuilding at the Irving Shipyards. Unifor and Irving are making sure workplaces are more diverse and reflective of their communities by helping 20 Aboriginal

young people secure work at the shipyard.

"Let's figure out how we can ensure all of Canada's population has an opportunity for good jobs in our communities."

When it comes to unions, most people only think of collective bargaining, but Unifor's work is much bigger than that.

"Really our focus is on how do we improve the world for all workers and we use the power we have at the bargaining table to do that," Payne said.

Calling for full equality for working women

Lana Payne, Atlantic regional director of Unifor, often says a union is a woman's best friend.

In the past three decades the gap between what men and women earn hasn't narrowed much despite incredible strides by women toward post-secondary education and working more hours. All those things are barely making a dent, Payne said.

"Important as it is for what we can do for women at the bargaining table, we also know for women to achieve full equality we have to be involved in the political work of the country," she said. "Where we see women's working circumstances improving is when they are members of a union."

Women who are in a union see a much narrower pay gap, Payne said, because unions argue for equity at the bargaining table.



CONTRIBUTED

Unifor pushes for pay equity for all women, not just its members. If the pay gap were narrower it would provide the best kind of economic stimulus, Payne

said, because women would spend at home, in their communities, creating economic growth along the way.

"We could do a lot of good by increas-

Our members

- Unifor has about 38,000 members in Atlantic Canada.
- There are members in telecommunications, aerospace, about 4,500 workers in health and community services throughout Nova Scotia, as well as shipbuilding and manufacturing.

"We're pretty broadly represented across the economy," Payne said.

ing the wages of women in this country," Payne said. "It really is a sense of being a full-encompassing union, that we understand the lives of our members are impacted by more than their working conditions. They have a better quality of life if we have better health care, and good child care support."

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UNDERSTANDING & APPRECIATING

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Working hard to save union members money

Union members know sticking together provides all kinds of benefits.

Union Savings is a non-profit, union-run organization which provides discounts and savings on a variety of services and products for thousands of union members across the country. By taking advantage of a large amount of buying power, Union Savings connects union members, retired union members and their families with companies and partners who can offer significant discounts.

"We provide discounts in home and auto insurance through RBC Insurance. It allows for union members to save quite a bit on those popular programs," said Vanessa Hunt, internal coordinator.

"It's one where members have seen quite a significant amount in savings. It's also been a really big benefit for our retired members as well."

The coverage also includes cottages, motorcycles, boats and other properties.

"Because we're RBC's largest group client we make unique changes to our programs," said



ADVOCATING FOR TEACHERS

The Nova Scotia Teachers Union supports teachers in Nova Scotia as they navigate the myriad of challenges they face on a daily basis. Workplace and workload issues including large class sizes, class composition concerns, increased data entry and paperwork, lack of resources and compassion fatigue continue to affect the learning environment in Nova Scotia.

"The NSTU serves as the primary advocate for its members," says NSTU president Liette Doucet. "We are committed to leadership in educational change by maintaining and promoting excellence in teaching, and encouraging life-long learning, within sound pedagogical practices."

The NSTU represents 10,300 members in the public school and community college system. Members include teachers, vice principals, principals, school board administration, staff, school psychologists, speech language pathologists, school guidance counsellors and other teaching specialists.

They also represent faculty and professional support staff of the Nova Scotia Community College and Atlantic Provinces' Special Education Authority teachers.

"The NSTU and our members believe in the importance of a high-quality public education system for students and teachers," says



Doucet. "We also believe teachers should have direct input into the design and delivery of our education system, and welcome the opportunity to collaborate in fostering a respectful learning and teaching environment."

The NSTU stresses the significance of teacher voice within the current practice and policy in public education.

UNIONS

SPONSORED CONTENT

MAKING A CASE FOR A HEALTHIER WORKPLACE

PSAC members have been at the forefront defending and promoting healthy workplaces. A healthy workplace means a more productive workforce and a healthy household. We sometimes neglect the impact that our workplace can have on our personal life — this is something that needs to change.

Time is money, yes, but life is also extremely short; therefore, let's ensure that the time we spend at work does not negatively impact our life as a whole.

Asbestos

Asbestos is killing Canadians. It is the leading cause of workplace-related deaths in Canada.

It's estimated that more than 2,000 people die every year from diseases caused by asbestos exposure, like mesothelioma and lung cancer. Internationally, the World Health Organization (WHO) says there are 107,000 asbestos-related deaths per year.

The labour movement has been extremely vocal on this issue for the longest time. Thankfully, that hard work is beginning to pay off. The federal government has announced its

commitment to banning asbestos and asbestos-containing products by 2018. This is a long-awaited decision; PSAC has been calling on the federal government to ban the import, export and manufacturing of asbestos for years.

For many affected by asbestos, this ban has been a long time coming. At PSAC, we are celebrating this decision in loving memory of our brother, Howard Willems, who passed away on November 8, 2012. Willems was exposed to asbestos while on the job, inspecting plants that were being renovated. His exposure led to the development of a rare form of cancer, which is caused by inhaling asbestos fibers.

While battling this vicious occupational



disease, Willems successfully lobbied for the introduction of legislation, known as Howard's Law, requiring all buildings in Saskatchewan containing asbestos to be reported in a public registry.

Willems is only one among many who have suffered and died due to asbestos.

We must celebrate the asbestos ban that will take effect in 2018. Let it also serve as a reminder that unions not only work for their membership, but for the entire Canadian population.

Too many workers go to work and never return home. We are demanding a healthy workplace for all workers.

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As the unified voice for the advocacy and support of all its members, the NSTU promotes and advances the teaching profession and quality public education.



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UNIONS



SPONSORED CONTENT

UNDERSTANDING AND APPRECIATING UNIONS

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Time is money, yes, but life is also extremely short; therefore, let's ensure that the time we spend at work does not negatively impact our life as a whole.

Unions have made significant contributions in ensuring a healthier workplace including paid sick leave, health and safety laws such as the right to refuse an unsafe workplace, breaks, proper uniforms/equipment provided by the employer, etc.

Sick? Stay Home

Not only does paid sick leave prevent prolonged illnesses, it also prevents the spread of illness.

How many times have you gone to a store or

office and were greeted by an employee who had a cold? Let's face it, working sick can only increase the worker's probability of injuring themselves while working.

Factors attributed to sickness such as stress, lack of sleep, fatigue and side effects of medication, just to name a few, will have a direct impact on workers on how they will interact with their coworkers and surroundings.

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Too many workers go to work and never return home. We are demanding a healthy workplace for all workers.



PUBLIC SERVICE ALLIANCE OF CANADA



The Public Service Alliance of Canada represents more than 180,000 workers in every province and territory in Canada and in locations around the world.





Reaching out and helping the community

The Nova Scotia Government and General Employees Union (NSGEU) not only supports its 31,000 members but the province as well.

"We like to reach out in the community and help out," said Jason MacLean, NSGEU president.

The NSGEU donates more than \$40,000 a year to province-wide charitable organizations, including Transition House Association of Nova Scotia, Kids Help Phone, AIDS Coalition of Nova Scotia, the Mental Health Coalition of Nova Scotia, and Feed Nova Scotia.

"Our members are committed to Nova Scotia. They work in community services, Cape Breton Regional Police, and like myself, in corrections, and many other areas," MacLean said. "All the work our members do is serving Nova Scotians."

Through their work, NSGEU members see things in their community that need to be done.

"Our members are your neighbours, the person who coaches the volleyball team, the person who sits next to you in church," he said. "Our members are 31,000 people in this province."

The NSGEU has a number of committees like

human rights, social recreation and women's issues committees which are made up of members who want to do good in Nova Scotia.

One of the tasks for the social recreation committee is to give out sports and fine arts awards to members and members' children, valued at \$9,000 annually. The education committee also awards bursaries to members and members' dependents, and scholarships to members' dependents, with combined awards totaling \$58,000.

The union's Women's Issues Committee also established a cancer-care fund to offer financial assistance to members who are personally affected by a cancer diagnosis.

"We like to give back to Nova Scotians by doing all the work that serves Nova Scotians and as well through our various means of donations and work with other organizations," MacLean said.



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ACTING AS A VOICE FOR ITS MEMBERS

When their 19,000 members need a voice, CUPE Nova Scotia is a megaphone. CUPE Nova Scotia represents working women and men employed throughout the public sector. They work hard every day in fields including health care, education, long-term care, municipalities, libraries, child care, universities, highways, social services and more.

CUPE members are public service providers, white-collar workers, technicians, labourers, skilled tradespeople, and professionals. More than two-thirds of CUPE members are women and about one-third of members work part-time.

Nan McFadgen, president of CUPE Nova Scotia, challenges the provincial government when it makes decisions that just don't make

sense for workers.

On the subject of health care, McFadgen says that, "Time and time again public-private partnerships (P3s) end up costing taxpayers billions of dollars. Yet the McNeil government is moving ahead with P3 deals for the QEII redevelopment project."

"First P3 schools, now P3 hospitals," McFadgen points out. "Private financing will likely cost us millions more than if we keep it public."

Public-private partnerships are not in the best interest of workers, families or communities, McFadgen added.

"Why would the McNeil Government rely on P3s with higher-cost private financing? There's a desire by many politicians to keep borrowing costs off their books, at least in the short term."

THERE IS NO ROOM FOR PROFIT IN HEALTH CARE

CUPE firmly believes that public-private partnerships (P3s) are not in the best interest of workers, our families or our communities.

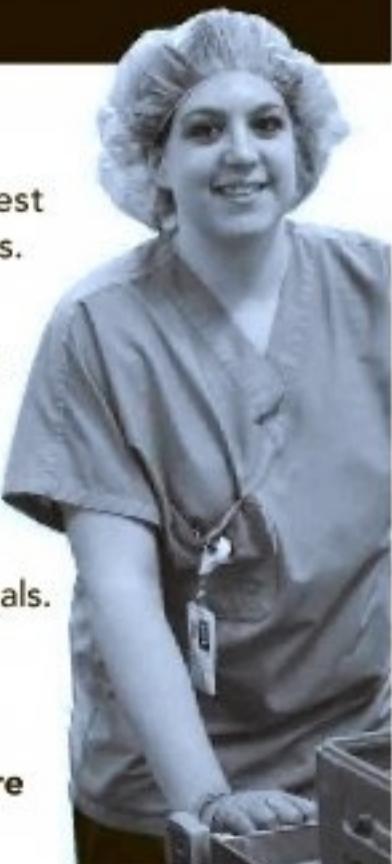
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Border towns help refugee claimants

IMMIGRATION

Americans and Canadians mobilize to aid asylum seekers

As the flow of asylum-seekers crossing into Canada continues, residents in towns along the Canada-U.S. border are quietly mobilizing to help the travellers who pass through in search of better lives.

Janet McFetridge, a resident of Champlain, N.Y., said she started seeing taxis passing by her house in November, around the time Donald Trump was elected president of the United States.

"It's just unusual because you don't usually see cabs out here, so it's very noticeable," she said.

Most of the taxis were heading to Roxham Road, a popular illegal crossing spot where people hop a small ditch into Canada in order to file asylum claims from



Janet McFetridge at an unmanned border between Plattsburgh, N.Y. and Canada. THE CANADIAN PRESS

within the country.

McFetridge said she and others in the area wanted to know how they could help.

"At first we were concerned about (winter) clothes, but then we're also concerned now about the larger picture of if they're sent back from Canada, are they going to be able to go somewhere?" she said in an interview.

The greater Plattsburgh area is looking for some system where people will be able to house them and get them on their way safely."

What has emerged, she says, is a coalition of churches, citizens and social organizations.

The group, Plattsburgh Cares, is considering ways to offer food, shelter, transportation or legal ad-

vice to people who are heading to Canada or who are turned back.

People who cross the border illegally and file their refugee claims in Canada are generally allowed to remain pending their hearing dates.

But McFetridge worries some could end up in the area while in transit, or if they're turned back at an official border checkpoint due to the Canada-U.S. Safe Third Country Agreement, which states refugees must file their claims in whichever of the two countries they reach first.

On the Canadian side of the border, a group of citizens in Hemmingford, Que., recently held an event to see how they could support border jumpers.

That event included writing letters to Canada's prime minister and immigration minister to ask them to suspend the Safe Third Country Agreement, so refugee claimants could present themselves at the border instead of crossing illegally, group members said. THE CANADIAN PRESS

BRITISH COLUMBIA

Malaria parasite could treat cancer



Wanyee
Li
Metro | Vancouver

A malaria parasite may hold the key to treat bladder cancer in patients who only have a 50 per cent chance of responding positively to traditional chemotherapy treatments.

UBC researchers found the treatment, a combination of a malaria protein with a marine sponge toxin, was 80 per cent effective on mice — the other 20 per cent of mice died within 70 days from bladder cancer, a disease that kills more than 2,000 Canadians every year.

It's the latest development in the cancer research trend that has researchers looking outside of chemotherapy for innovative treatment options.

"We can take a protein from one devastating disease and repurpose it to treat another devastating disease," said Mads Daugaard, UBC professor of urologic science.

His team found that a specific protein in the malaria parasite, VAR2CSA, was especially good at binding to the host's placenta.

This results in 200,000 new-

born deaths a year but Daugaard thought he could take advantage of this characteristic because that same protein attaches itself to bladder cancer cells too.

"We thought we might be able to take advantage of that protein from the malaria parasite and simply repurpose it to bind tumour cells instead," he said.

His team has turned the protein into a cancer-fighting weapon by combining it with hemiasterlin toxin, one of the most poisonous molecules in the world, found in sea sponges.

The idea is the protein will carry the toxin to the bladder and kill the cancer.

"You could say we combined something from a sponge and a malaria parasite to develop a weapon against (chemotherapy)-resistant bladder cancer."

The technique appears to have worked on mice and now the goal is to scale up drug production so the team can conduct clinical trials.

Daugaard says this malaria-inspired treatment could be available for bladder cancer patients in as early as 2020.

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French voters now facing stark choice

FRANCE

United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starker possible choice between two diametrically opposed visions of the EU's future.

THE ASSOCIATED PRESS

and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to leave the EU and Macron wanting even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

The absence in the runoff of candidates from either the mainstream left Socialists or the right-wing Republicans party also marked a seismic shift in French politics. Macron, a 39-year-old investment banker, made the runoff on the back of a grassroots campaign without the support of a major political party.

THE ASSOCIATED PRESS



French centrist presidential candidate Emmanuel Macron addresses his supporters in Paris on Sunday. THE ASSOCIATED PRESS

TRUMP 100 DAYS

'Different kind of presidency'

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama. "It's a different kind

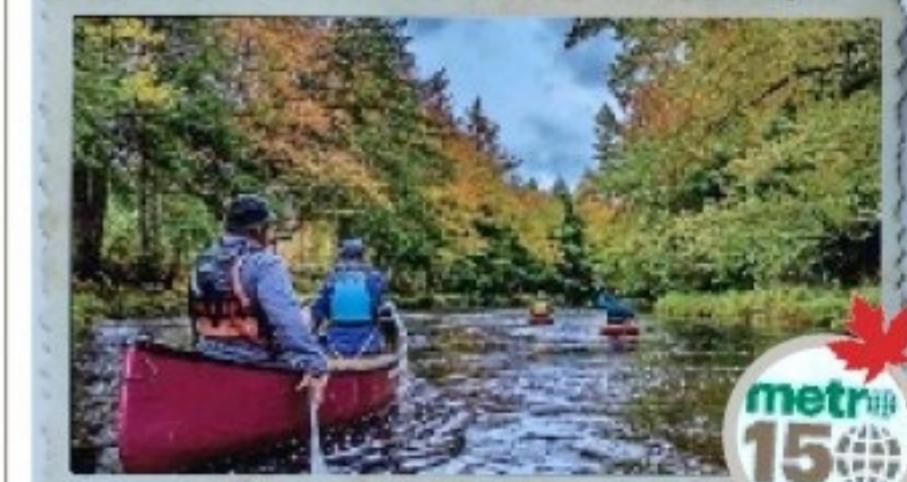
of a presidency," Trump said in an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington. Since taking office on Jan. 20, Trump's approval rating has hovered around 40 per cent. THE ASSOCIATED PRESS

150 WAYS of looking at Canada

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THANKSGIVING IN KEJIMKUJIK HAS BEEN MY FAMILY'S TRADITION FOR MANY YEARS. THIS PHOTO WAS TAKEN OVER THE THANKSGIVING WEEKEND IN 2015 WHILE ENJOYING A SPECTACULAR DAY ON THE MERSEY RIVER. I HAVE SO MANY WONDERFUL MEMORIES OF THIS PARK AND CAN NEVER WAIT TO RETURN. LACHLAN RIEHL

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URBAN ETIQUETTE **ELLEN VANSTONE**



Dear Ellen,
Every time I got to the liquor store, there is someone out front begging for money. If I have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K., Toronto

Dear T.K.,
As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice, you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. There's also a guy who plays a little guitar and sings so badly, I'm tempted to pay him to be quiet. Then there's the older woman who's clearly down and out, and doesn't seem to be fully

THE QUESTION
Is it bad manners to turn down panhandlers?



Ani Castillo

compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called

experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women and harbours known criminals. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and

answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So the next time you're stocking up and someone asks for spare change, look them in the eye with a friendly shake of the head if you choose not to give. And give them a smile and a greeting if you do. Sometimes that brief interaction can be as valuable to them as the cash.

The rule is to treat these fellow human beings with respect either way.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA



Dispelling the myth of the party girl

Party. Girl. Two excellent words signifying excellent things.

But together the words twist into a stereotype that has filtered into our culture in ways that endanger women.

You would think the standard definition is a young woman who enjoys parties. But the cultural definition that I am taking from our bastion of social enlightenment, Urban Dictionary, is a lot more telling.

A party girl, according to Internet wordsmiths, is: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "lit" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented

to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Craggs leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict.

But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

All this to say: the party girl image has nothing to do with the woman. It validates those who do not respect consent. It is about limiting women's choices about their sexuality and then penalizing them for those choices.

It has everything to do with denying women their autonomy.

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by Jason Logan



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Erin Moran, former child star on Happy Days, has died at age 56

Exercise for pregnant women

HEALTH

'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise. In a jointly-written opinion piece published in the Journal of the American Medical Association last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each woman's Body Mass Index before pregnancy) can pass it

WAYS TO KEEP FIT

Walking

Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

Fitness Classes and Activities

Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

Yoga and Pilates

The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.



When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY

along to their newborn babies. Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and what kind of exercise pregnant women should be doing is in part to blame for why so few

expecting mothers do not get as much exercise as they should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions: watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being

sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy dur-

ing pregnancies was probably more sound. "But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to to-

day's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it. "But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed. In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother. TORSTAR NEWS SERVICE

2017
BETWEEN:

SUPREME COURT OF NOVA SCOTIA
THE TORONTO-DOMINION BANK
- and -
IAN TERRELL DAVID
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Htx No. 459106

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DEFENDANT

TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:

PROPERTY:
ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Lot 367B, Civic No. 51 Ancona Place, Dartmouth, Nova Scotia, property identification number 40335424 and described in a Mortgage dated June 30, 2006 and registered at the Halifax County Land Registration Office as Document No. 86567601.

Subject to an easement to Maritime Telegraph and Telephone Company Limited.
Subject also to restrictive covenants as contained in a deed recorded at the Registry of Deeds.

This property has been migrated pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Tuesday, May 16, 2017

Time of Sale: 11:30 a.m.

Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia

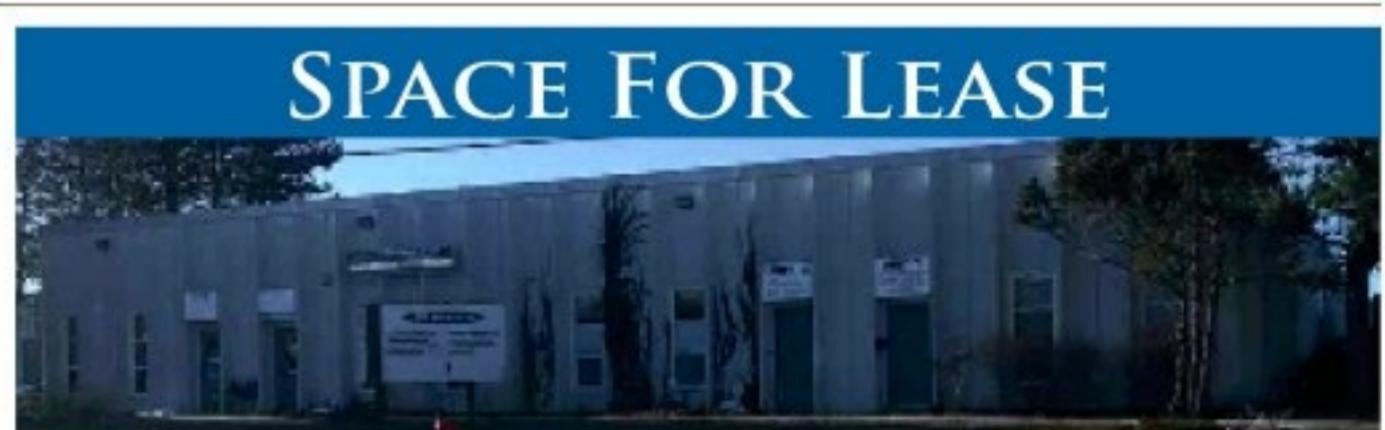
Terms: 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

DATED at Halifax, Nova Scotia, the 10th day of April, 2017.

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TWIN CITY
PROPERTY MANAGEMENT

Cow Face Pose improves moo-bility

WELLBEING

Some 'bovine' intervention to help stretch out your body

YuMee Chung
Torstar News Service

Yoga is chock a block with animal poses: dog, cat, cobra, fish, pigeon, crow, crocodile, rooster... the list goes on.

Of course we chose to demonstrate Cow Face Pose at the utterly charming Octopus Garden Yoga Centre in Toronto. Inspired by Canadian artist Sarah Hillock's love of cows, this nuanced move will address both upper and lower body mobility.

1. Sit on the floor with your legs outstretched.
2. To set the legs:
 - a. Bend the right knee and draw it close to your chest before stepping the foot onto the
 - b. Fold your left leg under and place the pinky-side of the foot on the ground, with the heel close to your outer right hip;
 - c. Angle the right thigh away from you until the knees stack, to the best of your ability, and your right heel rests alongside your outer left hip.
3. To set the arms:



Yoga teacher YuMee Chung advocates the so-called Cow Face Pose, taking inspiration from our bovine friends, as a great way to limber up and stretch out both the upper and lower body, and demonstrates the move here. TORSTAR

- a. Reach your left hand towards the sky and pat yourself on the upper back, just below the nape of the neck;
- b. Bring the back of the right hand to the small of your back and wiggle it up between your shoulder blades; and
- c. Clasp your fingers behind your back, if they reach each other easily. Otherwise, use a strap to bridge the gap.

4. Lift your chin and lean the back of your head into your upper arm as you breathe five gentle and generous breaths.
5. Repeat on the other side.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



Latest research suggests links between taking antenatal medication and post-natal issues have been overstated. ISTOCK

PREGNANCY

New studies ease anti-depressant worry

Genna Buck
Metro Canada

For women suffering from mental illness, deciding whether to stop taking anti-depressants to get pregnant can be agonizing.

That choice could soon be eased: According to a new Ontario study, mothers taking anti-depressants during pregnancy

are no more likely to have children with autism than others.

The research initially found more cases of autism among children of mothers taking the medication. But after adjusting for many complicating factors, it was surmised that anti-depressants play no significant role.

The authors suggest past research that found a slight association between antidepressants

and autism did not properly account for other factors.

The paper also looked at women who took antidepressants during one pregnancy but not another. Children exposed in utero did not have higher rates of autism than their siblings.

A different study had similarly reassuring results, finding no link between antidepressant use during pregnancy and ADHD.

Few studies have been done on the long-term effects of antenatal antidepressants, so many women choose to go off medications before getting pregnant to be on the absolute safe side. But without medication, there's risk of relapsing back into depression at the worst possible time – while dealing with the stresses of pregnancy, post-partum recovery and caring for a newborn.

TECHNOLOGY

Even tech threatens Icelandic

Salome Sigurjonsdottir, 10, is testing a voice-controlled television in an electronics store in Reykjavik. Sales assistant Einar Dadi, however, says none of his TVs understood Icelandic.

The revered Icelandic language is considered a source of identity and pride for many. But it is being undermined by the widespread use of English, both for mass tourism and in the voice-controlled artificial intelligence devices coming into vogue.

Linguistics experts, studying the future of a language spoken by fewer than 400,000 people in an increasingly globalized world, wonder if this is the beginning of the end for the Icelandic tongue.

THE ASSOCIATED PRESS



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Lower debt ceiling; get your life back



In a world in which we are surrounded by easy credit, keeping track of spending and committing to paying off money owed is crucial. iSTOCK

ADVICE

Is it any wonder so many people haven't figured out their limit?

Gail Vaz-Oxlade
For Metro Canada

Ask some people what their debt ceiling is (the most amount of consumer debt they'd be willing to take on), and they'll tell you: "As much as I can borrow."

My personal debt ceiling is zip, zero, zilch. But in a world where people have grown up surrounded by plastic, where they've watched their parents use credit to buy everything, and where they've been handed more rope than they could ever have imagined, is it any wonder so many people haven't figured out their debt ceiling?

Off they go charging through life. When a card fills up, they apply for and get another. Eventually they get a credit line or two. And, of course, they have overdraft protection. Some wind up at a pay-advance store.

All the while, they hike

higher and higher up Mount Debt until eventually they run out of air.

So, do you have a debt ceiling?

What do you think contributed to you having a debt ceiling?

If you don't have a debt ceiling, why do you think that is?

Do you think that keeping your debt in different piles helps to make you feel less close to your debt ceiling?

What would you be prepared to go into debt for?

What would you NOT be prepared to go into debt for?

Do you feel like you've used too much credit?

If you had it to do over, what would you do differently when it comes to using credit?

If you think you have a problem with debt, the first step is to say it out loud. If you aren't prepared to admit you're in trouble, if you aren't

All the while, they hike higher and higher up Mount Debt until eventually they run out of air.

prepared to add up the mess you're in, then you're not ready for help yet.

If you want things to change, start by saying: "I have a problem with my debt."

Start writing down every penny you spend. Whether it's \$1.25 for coffee or \$600 on a fabulous new pair of shoes, write it down. This is how you become accountable for forfeiting your future in the name of immediate pleasure.

Look over your list at night and ask yourself why you're really buying. Did you get a rush? Did you feel pleasure? How are you feeling now?

Switch from credit to cash. It's way easier to charge something than it is to fork over cold, hard cash, particularly when you're getting to the bottom of the jar.

Commit to paying off your debt.

Allocate a fixed amount to each debt, paying off the most expensive (read: highest interest) debt first while you make smaller payments on the other debts.

Once your first debt is paid off, roll that payment to your next most expensive debt.

Keep going 'til you're out of the hole.

Don't have the money to make a dent in your debt? Get another job, a better job. Make more money!

The time has come to pay up.

So suck it up, find a way to get out of debt and get your life back.

For more money advice, visit Gail's website at gailvazoxlade.com



JOHANNA SCHNELLER WHAT I'M WATCHING

She may be a brat, but she's human

THE SHOW: *Girlboss* S1, E1 (Netflix)

THE MOMENT: The sandwich

Sophia (Britt Robertson) – based on the real-life clothing entrepreneur, Nasty Gal founder Sophia Amoruso – is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

"Is that my sandwich?" Carol asks.

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you, you don't know your place," Carol sputters.

"I'm not about to die of malnutrition," Sophia snaps. "What do you care, you don't own the place. You're just middle management on some power trip."

"You're fired," Carol says.

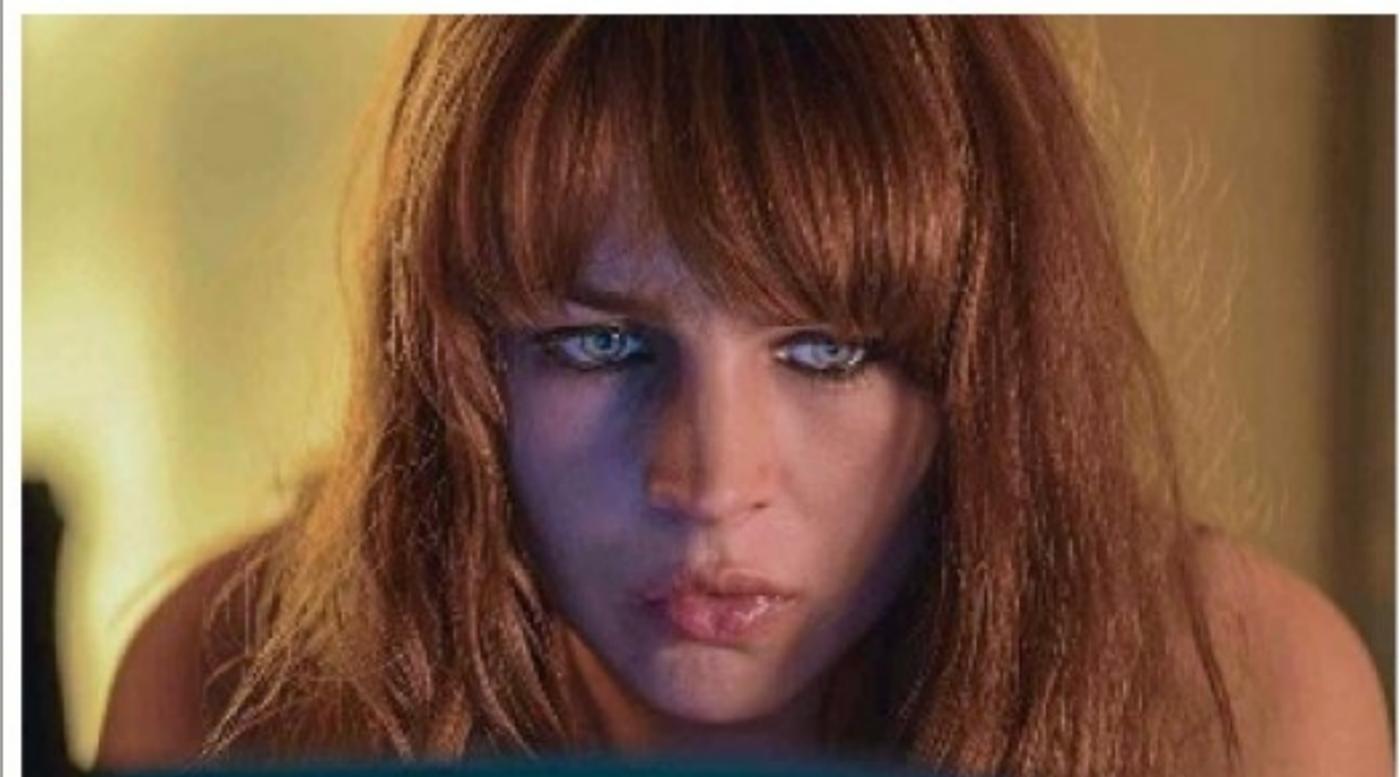
"What?" Sophia asks. "Why?"

This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine. It's the moment where we see her at her brattiest. It's the scene you have to get past if you're going to stick with the show.

As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity – in this case, Sophia calls her best friend, and we watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears, "why am I such an a-hole?"

And bingo, you're either in or out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Netflix's new comedy series, *Girlboss*, appears to be following a familiar formula, centred on flawed main character Sophia (Britt Robertson). iSTOCK

TV CAREERS

TV guru Shonda Rhimes talks how to become a screenwriter

Shonda Rhimes, the TV mastermind whose hits include *Grey's Anatomy* and *Scandal*, keeps a lid on plot twists. But she's giving aspiring screenwriters a behind-the-scenes look at how to succeed in her craft.

In six hours of online classes, Rhimes offers lessons on writing scripts, pitching pilots, and how series' writers work together to create stories and screenplays. Scripts from *Scandal* and the "story bible" that laid out the characters and structure of *Grey's Anatomy* are part of her masterclass.com course.

"I love the idea that for \$90, somebody who couldn't afford to go to film school would get to take this class," Rhimes said of the project from San Francisco-based company MasterClass. "It

felt like an equalizer to me, and that was great."

The so-called second golden age of television with its expanded number of outlets, including streaming platforms, has created new but not unlimited opportunities. Breaking into the competitive field requires creative thinking on and off the page, Rhimes suggested.

"I would suggest getting a job as a production assistant anywhere, because it is a way in and lot of this is about knowing people." Entering (and winning) the many available writing contests is another path, she said.

And there are jobs to be had, she assures the hopeful including at her company, Shondaland.

"We're always looking for people not from here (the in-



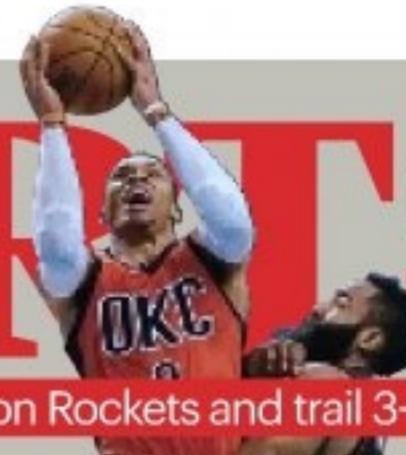
Shonda Rhimes GETTY IMAGES

dustry), because they have new and fresh voices."

THE ASSOCIATED PRESS

metro SPORTS

OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series



Big Mac devours Bruins

2017 NHL PLAYOFFS OTTAWA WINS SERIES 4-2

Sens' comeback star kills off East quarter-final with OT goal

It wasn't long ago that Clarke MacArthur was contemplating retirement. His decision to stick around for a playoff push paid off in a big way.

MacArthur, who missed all but the last four regular-season games after suffering a concussion in training camp, scored the winner on a power play 6:30 into overtime Sunday as the Ottawa Senators beat the Boston Bruins 3-2 to win their Eastern Conference quarter-final series in six games.

The 32-year-old MacArthur sat out 156 regular-season games in total over the two seasons because of multiple concussions and had moved to Florida to prepare for retirement.

"There's nothing like living in the NHL and living in these playoffs," MacArthur said. "(Retirement is) something everyone's going to have to deal with one day, but I want to stretch it out as long as I can, obviously."

After a 3-2 double-overtime loss to the Bruins in Game 5 on Friday, the Senators weren't facing a must-win game — but MacArthur made sure the series ended in six anyway.

MacArthur's goal, his second of the post-season, followed



Senators left-winger Clarke MacArthur and Bruins centre Patrice Bergeron race for the puck on Sunday. MacArthur later scored the series-clinching goal in overtime. MADDIE MEYER/GETTY IMAGES

a holding penalty to Boston right-winger David Pastrnak. MacArthur scored on the rebound of Bobby Ryan's shot 36 seconds into the power play.

Ryan and Kyle Turris also scored for the Senators and Craig Anderson made 28 saves.

It was the fourth overtime game of the series. Every game was decided by one goal.

Ottawa will face the New

GAME 6 In Boston



York Rangers in the conference semifinals. New York beat Montreal 3-1 on Saturday to win its quarter-final series in six games. The Senators won two of three regular-season meetings against the Rangers this year.

"We're going to use this (off) time well and we're going to prepare to play New York here in the second round, and we've got to keep pushing forward."

said defenceman Erik Karlsson, who admitted after the game that he played the entire series with two hairline fractures in his left heel.

"I feel like we have a strong group, we have a deep group."

Drew Stafford and Patrice Bergeron scored for Boston. Tuukka Rask had 26 stops.

Rask said he was proud of the resolve the Bruins displayed after longtime coach Claude Julien was fired on Feb. 7 and replaced by interim Bruce Cassidy. Boston went 18-8-1 under Cassidy to close the regular season and snap a two-year playoff drought.

"We battled hard," Rask said. "Ever since after the coaching change, we really came together as a group. We got in the playoffs and then played a heck of a series.... It was a hard-fought series and just didn't go our way."

Asked if he wants to return as Bruins' coach, Cassidy said: "Absolutely, 100 per cent."

Boston was without centre

David Krejci, who left Friday's Game 5 after taking a knee-to-knee hit from Senators defenceman Chris Wideman late in the first period. Krejci also missed Games 1 and 2 with an upper-body injury. THE CANADIAN PRESS

IN BRIEF

Stroman goes the distance in Jays' win

Marcus Stroman pitched a seven-hitter and Devon Travis hit a go-ahead, two-run homer during a four-run eighth inning in the Toronto Blue Jays' 6-2 victory over the Los Angeles Angels on Sunday.

Stroman (2-2) survived a rocky ninth by inducing a game-ending double play in his third career complete game — and his second in 12 days.

THE ASSOCIATED PRESS

Messi comes up clutch for Barcelona in El Clasico

Lionel Messi scored his 500th career goal for Barcelona to give the Catalan club a dramatic 3-2 win over 10-man Real Madrid in the last minute of the "Clasico" on Sunday, leaving the Spanish league title race wide open.

Messi's milestone goal was his second of the night. THE ASSOCIATED PRESS

Kings find new head coach from within staff

The Los Angeles Kings have promoted associate head coach John Stevens to become their next head coach. Kings spokesman Mike Altieri said the team will introduce Stevens at a news conference Monday.

Stevens replaces Darryl Sutter after serving as an assistant to two Kings head coaches over the past eight seasons.

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LeBron James finished with 33 points, 10 rebounds, four assists, four steals and two blocks on Sunday.

DARRON CUMMINGS/THE ASSOCIATED PRESS

Feels like the first time

NBA PLAYOFFS

James wins 21st opening round game in a row as Cavs sweep

LeBron James stuck to the old script Sunday.

Again, he bailed out the Cleveland Cavaliers. And again, he sent the Indiana Pacers home for vacation.

On yet another milestone day for basketball's king, James' crowning achievement was making the go-ahead three-pointer with 1:08 to play and helping

the defending champs hold on for a series-clinching 106-102 win at Indiana.

"You have to mentally challenge yourself every year and go out and try to do what's right — putting your body on the line, putting your team on the line and trying to be successful," James said. "It's very hard."

But the four-time MVP makes it look easy. He finished with 33 points, 10 rebounds, four assists,

four steals and two blocks.

By winning his 21st consecutive first-round game, James broke a tie with Michael Cooper, Magic Johnson and James Worthy for the longest streak under the NBA's current playoff format. By sweeping a series for the 10th time, James broke a tie with

Tim Duncan for the most in a career, according to Elias Sports Bureau. By going 13 of 25 from

GAME 4 In Indianapolis



the field, he pulled into a tie with Kobe Bryant for the fourth highest post-season field goal total with 2,014. And by holding on for the win, James improved to 52-0 in the playoffs when his team takes a double-digit lead into the fourth quarter.

James considered the milestones a footnote on a day the Cavs blew a 13-point lead and allowed the Pacers to come all the way back and take a 102-100 lead with 1:31 to go.

"They were giving it all they had," James said. "Obviously, a loss would have ended their season. We just had to weather the storm once again."

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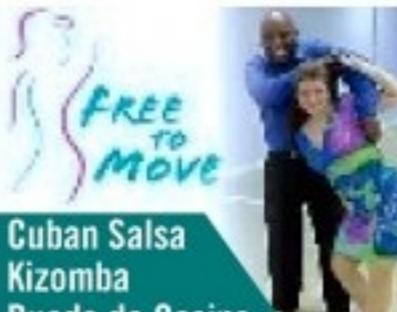
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MAKE IT TODAY

Fresh Blueberry and Kale Smoothie

PHOTO: MAYA VISHWANATH

Ceri Marsh & Laura Keogh
 For Metro Canada

This smoothie was on our rotation in the fall and I recently resurrected it. I swear you can't taste the kale. No, seriously.

Ready in 3 minutes
 Prep time 3 minutes
 Serves 2

Ingredients

- 1 cup almond milk

- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

Directions

1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

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Photo: Maya Vishwanath

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BY KELLY ANN BUCHANAN

ACROSS

- Leaky ink shapes
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- Romantic fabric
- Make the embankment stronger
- "Go!!!"
- Cohesiveness
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- University in Waterloo named after a Prime Minister: 2 wds.
- Aggravate
- Michael, to Kirk
- Repel/dismay
- Donna Summer hit: 2 wds.
- Find fault
- Contradict
- Irish coronation stone, Fail
- Paleontologist's find at the dig
- 'to go (Eager)
- Soaks
- Strange
- Perfected
- Touch of colour
- Empresses in Russia, once
- Farmlands
- Holidayer's 'home'
- Pay attention to
- Canadians who co-discovered insulin in 1921: 3 wds.
- Wearable souvenirs from Disney: 2 wds.
- Thom of
- Radiohead
- Tweak
- flute
- Food fan
- Lips glisten
- Vessel's stern
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